



Quinoa crispy cakes

15'

Hands on

5 hours'

Hands off

12-14

Portion(s)

1

Difficulty



Method

- In a [saucepan](#) over medium-low heat, add the peanut butter with the honey and mix for 1-2 minutes with a spoon, until the ingredients are homogenized.
- At the same time, in a [bowl](#) mix the puffed quinoa, oats, almonds, and coconut.
- Pour the saucepan's mixture into the bowl and, by wearing [gloves](#), mix until the ingredients are homogenized. You want to cover all the solid ingredients with the honey-peanut butter mixture.
- Line the bottom of a 40x30 cm [baking pan](#) with parchment paper.
- Pour the bowl's mixture into the baking pan and press it with the bottom of a glass, so that it is 1 cm thick over the whole surface, evenly.
- Cover with plastic wrap and refrigerate the baking pan.
- Allow at least 5 hours -or better overnight- for the mixture to thicken. Remove from the baking pan and cut with a 10 cm [round cookie cutter](#) or cut into squares.
- Wrap each crispy cake into plastic wrap and store them in the refrigerator.
- Eat them on their own or serve them with your favorite ingredients.

Ingredients

- 150 g peanut butter
- 200 g honey
- 80 g puffed quinoa
- 150 g oats
- 40 g slivered almonds
- 50 g coconut, grated

To serve

- avocado, in slices
- chili pepper
- fried egg
- cream cheese
- smoked salmon
- dill
- lemon zest

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|--------------------------|-----------------------------|----------------------------|
| 221 Calories (kcal) | 11.0 Total Fat (g) | 3.6 Saturated Fat (g) | 24.0 Total Carbs (g) |
| 11% | 16% | 18% | 9% |
| 13.0 Sugars (g) | 5.8 Protein (g) | 3.1 Fibre (g) | 0.09 Sodium (g) |
| 14% | 12% | 12% | 2% |